

# Coconut Curried Shrimp with Broccoli

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (minced or grated)
- 1 tbsp Curry Powder
- 1/4 tsp Sea Salt
- 1 cup Canned Coconut Milk
- 2 cups Broccoli (cut into florets)
- 12 ozs Shrimp (raw, deveined, peeled and tails removed)
- 1/2 Lime (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	479	Cholesterol	274mg
Fat	30g	Sodium	562mg
Carbs	16g	Vitamin A	573IU
Fiber	5g	Vitamin C	86mg
Sugar	6g	Calcium	191mg
Protein	39g	Iron	3mg

## DIRECTIONS

- 01 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 02 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 03 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 04 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add other dried herbs and spices like cumin, chili powder, or coriander.

### ADDITIONAL TOPPINGS

Serve with cilantro, red pepper flakes, or extra lime wedges.

### MORE VEGGIES

Add carrots and spinach.

### SERVE IT WITH

Cauliflower rice, brown rice, jasmine rice, or quinoa.

